

## Did You Know?

- *Dietary and exercise changes can help prevent obesity and overweight conditions.*
- *Being obese or overweight increases the risk of developing diseases such as heart disease, stroke, and diabetes.*
- *Exercise is the KEY to successful long-term weight loss.*
- *Parents must have an active role in prevention and treatment of obesity in children.*
- *Family health behaviors and environment changes must be targeted.*



## About the Report

South Carolina's high rates of obesity and resulting obesity-related health conditions highly impact the health status of our citizens and the financial resources of our State.

The South Carolina Advisory Committee on Obesity was established by the South Carolina Department of Health and Environmental Control to prepare a report on obesity for the South Carolina Legislature in order to address the increasing trend of obesity in South Carolina.

The report contains a description of the obesity epidemic, examples of approaches to prevention and management in children and adults, and research currently being conducted in South Carolina. This Executive Summary highlights the major findings of the report.

### *For a copy of the full report contact:*

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South Carolina Department of Health  
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Health and Environmental Control

# The Impact of Obesity on the Health



*Executive Summary of "The  
Report on the Impact of  
Obesity on Health in South  
Carolina" prepared for the  
South Carolina Department of  
Health and Environmental  
Control by the South Carolina*

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## Overview

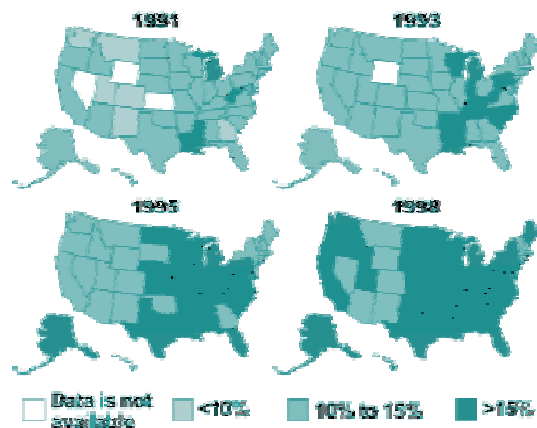
### of the Obesity Problem

Currently, 97 million adults in the United States are now obese or overweight, representing over **50 percent of the total population**.

Obesity is higher in females, ethnic minorities, lower income, and lower education level populations.

Concerning the youth of the United States, **1 in every 5 youth** are overweight or obese. In the last 20 years, the **number of overweight children has increased by more than 50 percent** and obesity has nearly doubled.

Prevalence of Obesity\* among U.S. Adults, BRFSS 1991-1998



Source: Mokdad AH, et al. J Am Med Assoc 1999;282:16  
(\*Approximately 30 pounds overweight)

## How Obese Are South Carolinians?

- \* South Carolina ranks 10<sup>th</sup> in the United States for the highest number of overweight and obese people.
- \* Self-reported state data suggest that **25.3** of high school students are overweight or obese.
- \* **Overall, the State shows an increasing trend of overweight and obesity populations.**

*It is estimated that 1.5 million South Carolina adults are overweight or obese.*

## Health Implications of Obesity



South Carolina ranks

**# 1 in Stroke**  
**# 3 in Heart disease**  
**# 10 in Diabetes**

**in the United States.**

**OBESITY AND OVERWEIGHT CONDITIONS ARE RISK FACTORS FOR EACH OF THESE DISEASES.**

Obesity is also related to behavioral, psychological, and social impairments such as negative body image, prejudice and discrimination, and psychological distress.

## Prevention of Obesity

Diet and activity patterns are of paramount importance in the prevention of overweight and obesity related disease conditions.

Primary prevention efforts should include:

- Physical Activity
- Changes in type and quantity of food consumed
- Behavior Modification
- Counselor contact

For obese adults, an initial 10 percent decrease in body weight over a 6 month period can decrease risk factors for diabetes and heart disease.

Prevention programs can be school, family, community, church, or healthcare based.

## What is Healthy

A healthy diet can prevent childhood and adolescent health problems such as obesity, eating disorders, dental caries, heart disease, cancer, and stroke. The *Dietary Guidelines for Americans*, produced by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services, gives the following advice for healthy eating:

- ⇒ Eat a variety of foods.
- ⇒ Balance the food you eat with physical activity.
- ⇒ Eat plenty of grain products, vegetables, and fruits.
- ⇒ Choose a diet that is low in fat, saturated fat, and cholesterol.
- ⇒ Choose a diet that is moderate in sugars, salt, and sodium.

## How Much Physical

Regular physical activity helps to improve strength and endurance, prevent obesity and control body weight, helps build healthy bones and muscles, and reduces anxiety and stress. Moderate exercise activities could include:

- 3 Walking 2 miles in 30 minutes
- 3 Bicycling 5 miles in 30 minutes
- 3 Dancing fast for 30 minutes
- 3 Jumping rope for 15 minutes

